



Week ending issue: March 11, 2016 – Issue # 286

Policy

Policy from the WIC State Operations Policy and Procedure Manual – Policy 410.30 Funding Shortage

A funding shortage could refer to food funding, Nutrition Service and Administrative (NSA) funding, or both. The funding shortage could be a result of, but is not limited to the following: a reduction in funding, increased costs, increased participation, or a government shutdown that could result in local agency contract suspensions and termination or suspension of participant benefits.

In the event of a funding shortage, the state WIC office will provide guidance consistent with the Iowa Department of Public Health (IDPH) General Conditions, Contract Conditions, WIC Policy, and USDA guidance as necessary.

Participants must be notified before termination or suspension due to no available funding or a funding shortage. Notification procedures will follow United States Department of Agriculture (USDA) guidance. The state WIC office will identify the categories of participants whose benefits will be suspended or terminated.

Information

Participant Centered Services:

An Excerpt from Molly Kellogg

Your **curiosity can be a double-edged sword**. Maintaining a curious stance allows you to stay open and willing to accept what comes. This can help the client discover what is true and move forward. When your curiosity is more directed, it can get in the way and be counterproductive. The questions to ask yourself are: “Will focusing on this help the client move forward? Who will benefit from the answer? What will the answer do?”

An example: The client refers to rare moments when she is briefly **conscious of the emotions behind her overeating**. You want to help her and are curious. Your curiosity may be directed to

what the emotions are. You don't know whether this focus will be most useful to her. You could offer your general sense of curiosity to her to see if she picks it up. "Hmmm. Those sound like interesting moments. Might you want to explore them more?" Notice this is encouraging her curiosity, not yours. The answers are in her, not in you.

Thank you of the Week:

"As myself and my daughter Cyncere come to a close of this wonderful program, I wish to express my most sincere appreciation and gratitude for having an opportunity to be a part of this wonderful program. As a new older mother, the WIC program provided me with much needed information to support my personal goal of having a healthy baby. It was not about coming to the office to get my WIC coupons and dash out of the door. I looked forward to my quarterly re-certifications and the classes. The staff is always wonderful, pleasant and professional and very helpful. They encouraged women to breastfeed and provided us with tips and encouraging words to continue to do so. I breast fed my daughter for a whole year because of their encouragement and the items they gave me such as a manual breast pump and a cover shield.

"The other items given to encourage portion control and alternatives to snacks are used as measurements and guidelines in my house today and I am proud to say that my daughter does not like sugary cereal and prefers Cheerios, Rice Krispies and loves oatmeal. Had I not been educated through the WIC program, I would have possibly been a victim to feeding her mostly sugary cereals. I still use my bean cookout, I have saved my booklets, pamphlets and cooking tips that I have received over the years and use them as guides and references to feed my family healthy alternatives.

"The program is phenomenal and I tell all young mothers that I know to get into the WIC program, to breast feed and not rely on the supplemental milk "Similac" only to feed their babies. The WIC program will forever have a special place in my heart and the education and tips I received will be referred to as guides to feed my family.

"I wish to express my thanks to the program and the kind staff of the WIC office again, I really appreciate you and your hard work to encourage mothers to breast feed and to find alternatives to feeding their families healthy alternatives." –WIC Participant

eWIC Focus Update

Agencies Currently Using eWIC/Focus

Marion County Public Health
Broadlawns
Johnson County Public Health
Mid-Iowa Community Action
American Home Finding

eWIC Ready Vendor List

The e WIC Ready Vendor List is a document that shows which stores are eWIC ready throughout Iowa. Participants who have an e WIC card can use their card at the stores listed on this document. It also shows which stores are integrated and which use stand beside systems. This document can be found on the WIC Web Portal under the Training section and on the WIC website under the eWIC section. This list will be updated every Monday. Please let participants know where this document can be found and when they can check the document for updates.

Breastfeeding Food Package and Pending Infants

Currently in Focus, a breastfeeding food package can't be issued to a mother if her infant's status is pending. The infant needs to be certified before mom can receive the breastfeeding food package. This can become an issue if the infant is still in the hospital, for example. In this situation, the necessary medical information can be gathered to certify the infant.

Precertification

Benefits can only be issued to a precerted infant or pregnant woman the month that the infant or pregnant woman is precerted. For example: A precertification form is received by your agency on March 30th. The participant wants to come in and pick up the formula benefits on April 1st. If you precertify the infant at the end of March and try to issue benefits in April, the system will not allow you to do this. It will ask you to complete a new certification. You need to wait to precertify the infant until the family comes in on April 1st. You will also need to ensure that the infant is still less than 2 weeks of age.

Find us on Facebook-

<https://www.facebook.com/IowaWIC>



Training

***"Save the Date"* for an upcoming breastfeeding training in Mason City Breastfeeding Education for Iowa Communities Training**

The program flyer for this training will be included in a future issue of the Friday Facts when it becomes available.

Sponsored by North Central Iowa Breastfeeding Coalition

Tuesday, June 7, 2016

8:30-3:00; lunch on your own

North Iowa Area Community College, Mason City, IA

Dietetic CEUs will be available

Nursing CEUs available for additional \$12

Fee: \$35 per person

CEU Opportunity

If you are a Nurse or Dietitian in need of CEU's see the flier at the end of this edition of Friday Facts for the Healthy Lifestyles Conference hosted by the partners of the Southeast Iowa Regional Coalition for Lifestyle Enhancement.

Educational Opportunity (CEU)

The Nutrition Services Branch in collaboration with UNC – Chapel Hill is pleased to announce that Module 1: Nutrition Assessment of the Pediatric Nutrition Course (PNC) will be offered again in 2016. This is an online, faculty guided, self-paced course of about 25 hours to be completed between January 19, 2016 and March 28, 2016. The goal of this course is to provide nutritionists with the knowledge and skills needed to improve the nutritional health of the pediatric population. Module 1 is designed to improve knowledge and skills specifically in the area of nutrition assessment. It is ideal for new employees in public health nutrition, nutritionists who are new to pediatrics and those who want to broaden their pediatric knowledge base.

Module 1 Nutrition Assessment consists of the following six topics:

- Unit 1: Anthropometrics
- Unit 2: Biochemical
- Unit 3: Clinical
- Unit 4: Food and Nutrition History
- Unit 5: Eco Social Factors
- Unit 6: Psychosocial Factors

This course has been approved by the Commission on Dietetic Registration – Academy of Nutrition and Dietetics for 19 CPEUs - Level 1 for Registered Dietitians (RDs), Registered Dietitian Nutritionists (RDNs), Nutrition and Dietetics Technicians, Registered (NDTRs) and Dietetic Technicians, Registered (DTRs). For all others, 2.0 Continuing Education Units will be awarded from the Friday Center for Continuing Education at the University of North Carolina at Chapel Hill.

Fees: The course fee is \$50 for public health nutrition personnel in North Carolina Local Health Agencies and pediatric nutritionists in Children's Developmental Services Agencies (CDSAs). The course fee is \$100 for all other applicants, including those who reside outside of the State of North Carolina. Enrollment is limited, and participants will be taken on a first-come, first-serve basis.

An orientation webinar is scheduled for Tuesday, January 12, 2016 from 11 am – 12 pm with fully enrolled students to provide an overview and demonstration of the online course. This live orientation webinar will be recorded for those who are unable to attend.

March: No NETC this month
May: No NETC this month
July: NETC Webinar (All new staff) – July 14, from 8:30-11:30 NETC Webinar (Health Professional) – July 21, from 8:30-11:30 NETC Webinar (Support Staff) – July 28, from 8:30-11:30
September: NETC Webinar (All new staff) – September 15, from 8:30-11:30 NETC Webinar (Health Professional) – September 22, from 8:30-11:30 NETC Webinar (Support Staff) – September 29, from 8:30-11:30
November: ***Please note the dates in November*** NETC Webinar (All new staff) – November 10, from 8:30-11:30 NETC Webinar (Health Professional) – November 16, from 8:30-11:30 NETC Webinar (Support Staff) – November 17, from 8:30-11:30

Dates to Remember-

- Infant/Child Workshop- August 2, 2016
- WIC Contractor Meeting- August 30, 2016
- Communication and Rapport Workshop- October 26, 2016

Note: Due to state-wide rollout of eWIC the Breastfeeding and Maternal Core Workshops will not be held this year. Instead, CPA/Non CPA Health Professionals hired between March 2015 and March 2016 and any other CPA/Non CPA Health Professional who hasn't yet attended one (or both) of these workshops must complete the designated substitute module(s) found under Core Training Workshops on the Personnel section of the Training page on the WIC Web Portal. Before beginning the module(s) please see the "Preamble to the 2016 Breastfeeding and Prenatal & Postpartum Nutrition Modules" (also located on the web portal) for more information before starting the module(s).

Available Formula-

Product	Quantity	Expiration Date	Agency	Contact
Vivonex T.E.N.	60- 2.84 oz. packets	11/2016	State WIC Office	Nicole Newman 515-281-4545
Peptamen Junior 1.5 Cal	114 – 250 ml containers	3 – 6/2016	HACAP	Angela Munson 319-366-7632
Enfaport	17 – 6 packs of 6 oz. containers	4/1/16	HACAP	Angela Munson 319-366-7632
Complete Amino Acid Mix	1 can	10/21/2017	Mid-Iowa Community Action	Sierra Steven 515-232-9020, ext. 105
Keto Cal 3:1, 11 ounce unflavored powder	25 containers	8 containers <u>Expire: 9/4/2016;</u> 2 containers <u>Expire: 6/1/2016;</u> 14 containers <u>Expire: 5/10/2016;</u> 1 container <u>Expires: 4-16-2016.</u>	HACAP	Angela Munson 319-366-7632

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Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

Healthy Lifestyles Conference

Wednesday, April 27, 2016
Comfort Suites
Burlington, Iowa
8:00am - 4:30pm

Featured Speakers:

Ellyn Satter Institute

Sue Clarahan, RD, LD, CEDRD

Registration: \$75 postmarked by April 22

CEUs available for Nurses and Dietitians

For more information or to download
a brochure please call: (319)753-0193
or visit www.leecountyhd.org, "Special
Events" section



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Healthy Lifestyles Conference



The Healthy Lifestyles Conference is sponsored by
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